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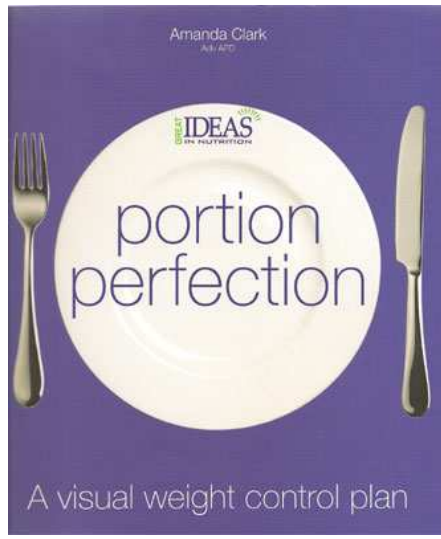
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Portion Perfect a visual weight control plan



Save money at the supermarket while creating gourmet menus

Looking for ways to save money at the supermarket checkout? It's easy to be tempted by all the extra foods we don't usually buy.

Dietitian and author of Portion Perfection - A visual weight control plan Amanda Clark suggests these tips to make supermarket shopping easier during the Holidays, especially with kids in tow:

1. Stick to the outside perimeters of the supermarket
2. Skip the aisles with lollies, biscuits and soft drinks
3. Choose a checkout lane without snacks on display
4. Create a list before you leave and plan your menus from a healthy cookbook (for a range of dietitian-recommended books check out www.greatideas.net.au)
5. Shop without the kids, husbands and partners, or give them specific tasks like collecting 5 apples, so they don't get bored or persuade you to buy what you don't need.

"When it comes to creating a list, another good tip is to create a template of all the things you need at the supermarket so you

don't have to re-write the same list every time," Amanda Clark said.

"You can just tick what you need on the list for each visit. This ensures you have a range of healthy staples in your fridge and cupboard all the time. It is easier to say yes to the right foods and no to higher calorie snacks if you always have healthy foods on hand."

Author and dietitian Amanda Clark believes most people would like to eat the right amount, if only they knew what that was. Portion Perfection sets the record straight on the amount of food we should be having and lifts the lid on the out-of-control sizing of many of our favourite snacks that have more than doubled in size over the past 20 years, along with our waistlines.

Creating a gourmet menu on a budget for guests

Instead of covering the table with everybody's favourites, a bit of planning could see you dining on 5-star cuisine and spending less than usual.

"You will feel better if you choose a menu with several special dishes instead of a mish-mash of everything," says author of a new book Portion Perfection - A visual weight control plan, dietitian Amanda Clark.

"This will also help you eat less because you won't feel compelled to sample a wide range of options and you can really enjoy a carefully coordinated meal."

Here are Amanda's tips for how to save money by planning a perfect 5-star dinner:

1. Devise a menu which is special and don't serve every dish you can think of.
2. Choose one major dessert - many people spend days preparing trifle, pavlova, cakes and biscuits, often serving up enough for 60 to 80 serves for a family of eight to 10. This will always result in kilos of unwanted fat from a month or more of leftovers.
3. Buy and prepare enough for a meal or two, whatever the tradition is. Don't overdo it.
4. Use smaller plates, bowls and glasses. Studies have proven that as the size of your dish increases, so does the amount you eat. You can also trick yourself into thinking you are consuming more if you use tall, slender glasses instead of short, wide glasses.
5. Entertaining doesn't have to equal overeating. Divide plates into quarters and serve beef, turkey, ham or chicken for a quarter of the plate, baked potatoes or starchy salads for another quarter and fill half the plate with salad or vegetables such as broccoli, cauliflower, beans, zucchini, carrots and cabbage.

Portion Perfection shows recommended daily calorie intakes and breaks down the ideal number of calories to be consumed for each meal and snack. It gives a range of options for males and females of various age groups and with different weight loss goals.

About the Book

Portion Perfection is a visual weight control plan that shows you exactly the right amount to eat if you want to lose or maintain weight. It includes everyday and occasional foods (such as treats like chocolate or wine) and spells out just how much to eat for various age groups. It has hundreds of pictures showing popular packaged foods, including almost every brand of yoghurt, cereal, muesli bar and crisps available in Australia, as well as common take-away foods. There's also a Portion Perfection plate and bowl to help you serve up the right amount. All the Portion Perfection products are available at <http://www.greatideas.net.au/>

Review: We all over eat, but if you are serious about losing weight and but still enjoy treats, then Portion Perfect this is

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an essential book to guide you and take control of your food intake without making sacrifices. Insightful and realistic, this is the perfect companion for those new year resolutions, that won't cost the earth in time and money.

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